



MIND CONTROL

PRO GOLF IQ – THE REVOLUTIONARY TRAINING PROGRAMME THAT WILL HAVE YOU THINKING LIKE A PRO IN FIVE WEEKS.



THERE is a new training programme taking Australia, the U.S. and Europe by storm and it is Worldwide Golf's pleasure to introduce it to Middle East golfers for the first time.

The Pro Golf IQ programme is making headlines all around the world. Australian Tour professional Terry Price has hailed it as a groundbreaking development for the golf industry and one that will significantly decrease the traditionally mammoth gap between the amateur and professional game.

Thousands of golfers, young and old, around the world have cut their handicaps significantly after completing the programme while many coaches have begun using it with their students as a mandatory accompaniment to physical lessons. CNN's Living Golf in the U.S even featured it recently and gave the programme a glowing report. The company behind it are so confident in its success they are offering consumers a 'money back' guarantee. So what's it all about?

The five-week Pro Golf IQ programme was developed by Australian business partners Chris Steffe and Peter Nicholson using the innovative

techniques of renowned sports and behaviour psychologist Dr Jason Gregg. The thing that sets the programme apart from the countless other mental training aids out there is that there isn't any psychology for you to learn – there's no science babble for you to get bogged down in.

Pro Golf IQ works using a patented technique called 'interhemispheric synchronic mediation' (ISM). The three-times per week 30-minute sessions involve listening to multi-layered tracks of voice and sounds to re-programme the way the left analytical side of the brain and the right creative side of the brain talk to each other. Most amateur golfers only use the left brain when playing, meaning they get bogged down in mechanics and negative thoughts. What the Pro Golf IQ system teaches you to do is to bring the right brain into play, creating a more balanced, relaxed and stress-free mental state.

Mental freedom

"Research proves that the average golfer only uses half the brain when contemplating a shot," says Nicholson, who slashed nine strokes off his own handicap in three months after using the programme. "Unfortunately, this is the side that is preoccupied with half-remembered tips, advice and repetitive drills – the unwanted noise that clutters the mind and hampers your game.

"Professionals use both sides of the brain when setting up, so they can use the creative right side, which deals with rhythm, balance, timing, co-ordination and imagery. In doing so they achieve perfect mental stability."

Price believes that after completing the programme amateurs will have the ability to remain calm and play with mental freedom in the face of high-pressure tournament situations or on-course hazards in the same way Tour level players do.

"Tiger Woods is the perfect example because he is a player who has incredible mental strength under pressure on the golf course.

"You see him make those clutch shots and big putts all time... why? Because he is in complete control of his mental state all the time.

"So it's not rocket science when you think about it, but what this programme does is give everyone an opportunity to experience how the pros play golf.

"The results speak for themselves."

And it's not only adults who can benefit from the system, Price believes one of the most exciting aspects of the Pro Golf IQ programme is its potential to develop a whole generation of future stars who have learned how to control their on course mental state before they even reach their teens.

"This programme is great for golf clubs and their members but what it can do for junior golf is scary," he says.

One recent success story is 12-year-old Australian junior Connor Reeves, a talented nine-handicapper

who lacked consistency due to a failure to control is on-course temperament. After completing the programme he learned how to control his thoughts both on and off the course and went on to win the prestigious Under 12 School Sport Australia Championships by five shots.

"The first thing Connor's parents noticed was how happy and relaxed he was around the house, all in a matter of weeks from when he started the programme," says Connor's coach Pete Cherret. "Regardless of whether or not he played to his high expectations or not Connor was so at peace with his efforts whereas in the past he would have been moody and frustrated.

"What I find amazing is that Connor has had no professional mind coaching, which really says something about the power of Pro Golf IQ. It has helped mould a talented kid into an Aussie champion.

"It's something we've never been able to teach our kids in the past and it's frightening how good our juniors could be with this unique training aid.

Even pros are seeing positive results after using the programme. Price, a winner of eight titles on the Aussie Tour says:

"As we get older the demons set in from bad experiences in the past, but this programme has helped me eliminate all the negative

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– TERRY PRICE

thoughts I used to have. It really is a must have for anyone who wants to improve their game dramatically. Pros pay thousands of dollars every year for sports psychologists to get their mind ready for play but this programme allows everyday amateurs an affordable way to gain improvement in their game never thought was possible."

The good news for Worldwide Golf readers is we've negotiated a special deal whereby readers will receive a complementary 'Enforcer' session worth \$69 when they buy the main programme. Enforcer is a 30-minute add-on programme that enhances all elements of the main programme and is designed to be listened to the night before play.

Pro Golf IQ can be downloaded directly from the company's website or a CD version can be ordered for delivery. The manufacturers are so confident that you will see an improvement in your game that they have pledged to give any unsatisfied customers their money back.

